



# SHIRLEY COA CENTER

Volume: 14

NEWSLETTER  
MAY 2022

Issue: 5

Address • 9 Parker Road • Shirley, MA 01464

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**Free  
Breakfast for  
Veterans**

**Monday, May 2nd  
8:30-9:30 am**

**Eggs, sausage,  
French toast and  
more**

**Cooked and served by the  
Shirley Police Dept.**

**Sponsored by Shirley  
Charitable Foundation**

## Volunteer Help Wanted.

*Keep the community strong,  
meet new people, and show  
off your skills.*

Positions include COA Board  
Members, Kitchen Staff, and  
Program Coordinators.

Contact Marilyn Largey  
for details.

Sir Isaac Newton once said "A body at motion stays in motion; a body at rest stays at rest."

*Join us for our first walk challenge,  
sponsored by the Mass Council on Aging.*

Walking is a great form of motion. It can be done outside, inside, in place, over hills and trails, on flat grass or pavement. The point is to keep moving to prevent inertia.

\*Beginning May 3rd, every Tuesday at 9 am we will explore the outdoor beauty of the area. We start with Mirror Lake lead by Cosmo Italiano.

\*Beginning May 5th, every Thursday at 10am join us at the Senior Center for a Walk in Place group. This is an indoor activity guided by the video 'Miracle Mile' by Leslie Sansone

Have you walked the beautiful trails of Shirley? Marsh Loop. Erratic Trail, Graves Pasture, and Ronchetti Ridge, just to name a few.

<https://www.shirley-ma.gov/conservation-commission/pages/shirley-trails>

Try FarandNear, a real gem. With the Spring bloom it's a wonderful place to walk and relax.  
<https://thetrustees.org/place/farandnear/>

**Register for the Walk Mass Challenge.** [www.walkmachallenge.com](http://www.walkmachallenge.com)

This family friendly challenge runs May 1 - October 31, 2022 and is open to anyone age five and over. Individuals who complete the challenge receive raffle prize entries for themselves and our Senior Center. Individual prizes include gift cards of Visa (\$50), Amazon (\$25) and Dunkin' (\$10). Councils on Aging prize levels range \$250-1,000!

**Bring your registration to the Senior Center and  
receive a free pedometer to track those steps!**

## **LILY OF THE VALLEY**

Pendant pure white bells  
hanging in green cathedral,  
peal out spring to all.

*By Cyndi Furman 2022 ©*

## **Stitch & CHAT GROUP**

**Wednesday May 18th, 10 am.**

Do you like to knit, Crotchet, or Plarning? We  
welcome all types of stitchers.

Join us for friendly chatter and some knitting.

To participate RSVP by calling or emailing  
[edinning@shirley-ma.gov](mailto:edinning@shirley-ma.gov) 978-425-1390





## **Wii Bowling**

Pre-Registration required.  
Every Monday 12:30 - 3 pm  
Call 978-425-1390  
to reserve your lane.

**NEW**

**YOGA** : Wednesday  
Mornings at 8:30 am  
\$10 per class or \$50 for 6 classes

## **Strength, Flexibility, and Balance:**

Every Thursday at 1 pm. Free  
Chairs are used for all levels of ability.

## **QiGong:**

Wednesday at 10 am Free

All classes Instructed by Jeff Cote, the Occidental Taoist

# BINGO

Every Wednesday at 1 pm.

No registration required.

No maximum seating.

*Just come to have some fun.*

## **Drop in Game Time**

*A Variety of board and card games available.*

Bring your friends for a morning of fun!

Every Tuesday at 9:00 am.

Bridge, Scrabble, Dominoes and more.

Want to learn Bridge?

Beginner games start at 11 am

## ***LUNCH \$5.00***

Wednesday, May 18th  
11:30am—12:30 pm

*Homemade Lasagna  
Salad, Bread  
Dessert and Beverage  
Please RSVP*

## **Breakfast with Chip!**

**\$5**  
**Monday, May 16th**  
**8:30—9:30 am**



Choice of Scrambled Eggs, Westerns, or French toast.  
Includes Ham, Home fries, Fresh fruit, and beverage.



## **PIZZA & MOVIE \$5**

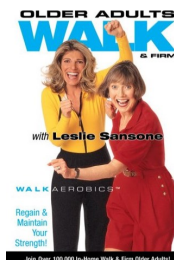
**Wednesday, May 4th Movie  
starts at 11 am.  
Pizza served at 11:30 am**



## **WALKING GROUPS**

\* Beginning May 3rd, every Tuesday at 9 am join our walk-  
ing group as we explore the outdoor beauty of the area. We  
start with Mirror Lake. These will be guided easy to moder-  
ate walks lead by Cosmo Italiano. Details on other locations  
to come.

\*Beginning May 5th, every Thursday at  
10am join us at the Senior Center for a  
Walk in Place group. This is an indoor ac-  
tivity guided by the video 'Miracle Mile' by  
Leslie Sansone





## Walk Massachusetts Challenge Registration Opens April 1st

[www.walkmachallenge.com](http://www.walkmachallenge.com)



Massachusetts  
Councils On Aging

Join us for our first walk challenge, sponsored by the Mass Council on Aging.

**FREE**

This family friendly challenge runs May 1 - October 31, 2022 and is open to anyone age five and over. Individuals who complete the challenge receive raffle prize entries for themselves and our Senior Center. Individual prizes include gift cards of Visa (\$50), Amazon (\$25) and Dunkin' (\$10). Councils on Aging prize levels range \$250-1,000!

Anyone aged 5-59 years old is encouraged to sponsor an older adult of their choice!

Each participant chooses from one of four predetermined challenges. let's walk!

1. **TURNPIKE CHALLENGE:** Complete 126.6 miles to celebrate the length of the Massachusetts Turnpike from Boston to Lee.
2. **COMMONWEALTH CHALLENGE :** Complete 351 miles to celebrate the number of cities and towns in the Commonwealth.
3. **1788 CHALLENGE:** Complete 88 days to celebrate the year Massachusetts became the sixth state.
4. **SHORELINE CHALLENGE:** Complete 192 miles to celebrate the length of the Massachusetts shoreline.

Commonwealth  
Challenge



Shoreline  
Challenge



1788  
Challenge



Turnpike  
Challenge



Contact us if you want assistance with registration or would like a notebook to log your steps.  
978-425-1390



## Addiction 101



Join us for a great informative conversation regarding addiction.  
Learn about the physiology and the role that genetics and trauma play.

It's time we begin to understand the why and then  
we can work more effectively on treatment and prevention.

*Facilitated by Tara Rivera, MBA, Treatment Advocate and Adjunct Professor  
3 Sessions available—Free to All*

Monday 5/2/2022, Shirley COA, 9 Parker Rd, Shirley MA. Seating starts at 10:00. Program runs 10:30 am -11:30 am with Q&A and refreshments to follow. ZOOM Link: <https://us02web.zoom.us/j/87430557761?pwd=MGp5QWRUWIBCMVpDTFhFNhFhZlQ2UT09>

Monday 5/16/2022, Stone Soup Kitchen, 41 Littleton Rd, Ayer, MA. Doors open at 5:30pm. Program runs 6:00 pm –7:00 pm with Q&A and refreshments to follow.

*Presented by Recovery Restoration <https://www.rrcfitchburg.com/>*

*Sponsored by The HEAL Initiative <https://heal.nih.gov/>*



**MAY 2022**

## **Outreach at the Shirley Senior Center**

**Elisabeth Dinning—Outreach Assistant**

Telephone: (978) 425-1390

Email: [edinning@shirley-ma.gov](mailto:edinning@shirley-ma.gov)



**The Shirley Senior Center addresses the following Outreach topics and Social Services:**  
**Health Insurance, Caregiver Support, Home Health Services, Financial Assistance, Housing Alternatives, Meals on Wheels, Legal Aid, Fuel Assistance, SNAP (Food Stamps), and Transportation.**  
**If your needs and interest are not listed, please let us know so we can take them into consideration.**

**Please call Outreach at the Council on Aging office: 978-425-1390**

### ***Affordable Connectivity Program (ACP)***



The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. The program is limited to one monthly service discount and one device discount per household.

You may apply if

- Your household income is at or below 200% of the Federal Poverty Level. For a single person household that equals \$27,180.
- You or your child/dependent participate in certain government assistance programs such as SNAP, Medicaid, WIC, or others
- You or your child/dependent already receive Lifeline benefits

Two Steps to Enroll

1. Go to [ACPBenefit.org](http://ACPBenefit.org) to submit an application or print out a mail-in application.
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

**Eligible households must both apply for the program and contact a participating provider to select a service plan.**

For help with your application the Senior Center  
978-425-1390

### ***Mental Health Month***



Ways to find help for you or a loved one suffering with a mental health issue.

**24 Hours Crisis support (877) 382-1609**

**NAMI Compass:** COMPASS is the information and referral helpline at NAMI Massachusetts. They provide resources and support to help people navigate the complex mental health system and problem solve in difficult circumstances. The COMPASS helpline is available Monday through Friday, 9 am – 5 pm. Call the helpline at [617-704-6264](tel:617-704-6264) or [1-800-370-9085](tel:1-800-370-9085), or email them at [compass@namimass.org](mailto:compass@namimass.org).

[Learn More about NAMI Compass](#)

**Massachusetts Substance Use Helpline:** The Helpline is a public resource for finding substance use treatment and recovery services. Helpline services are free and confidential.

Call the helpline at [1-800-327-5050](tel:1-800-327-5050) or visit [the website to learn more.](#)

**Dept. of Mental Health Central Mass**

**Area Office**  
**774-420-3140**

### ***Older American Month let's celebrate by***

\*Staying in touch by phone, mail and visits.

\*Spending time together.

\*Eating together.

\*Listening to experiences and stories from the past.

\*Enjoying the outdoors together with regular walks.

\*Helping out with chores or rides to the doctor.

\*Listening to your loved ones needs and desires.





Monthly  
Wellness Check  
May 12th

Second Thursday of the month 9:30 to 10:30 am.

**FLU SHOTS are available by request only - through 6/30/2022.**

*Contact Susan Hoag, LPN* Community Health Nurse

To have one brought to the clinic.

978-772-3335 ext.357

These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals.

*All ages are welcome to attend.*

Excerpt from the NABH newsletter :

Shirley: With the support of the HEALing Communities Study, a "Naloxbox" was installed in the Shirley Police Department. Naloxboxes save lives; they contain naloxone, the opioid overdose reversal drug, and are stored similarly to an AED or fire extinguisher in a public-facing space.

<https://www.healingcommunitiesstudy.org/communities/mashirley-and-townsend.html>



## Conversations About Death and Grief.

**May 11th**  
**Every 2nd Wednesday**  
**of the month at 11 am**

In a world so caught up in the business of staying young forever, one can easily witness that our present day society leaves little room for mourning when mourning is called for.

In fact, we live in a grief unspoken culture.

Our capacity to weather the tragedies and sorrows of life is painfully thin and in itself tragic and sorrowful.

Offering Friendship, Understanding and Hope with suggestions/techniques to help manage your grief, Conversations About Death is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally.

Walk- ins welcome.

For questions about this program please contact Lucia Camara, Bereavement and Spiritual Care Provider with Nashoba Nursing Services and Hospice. @508 -951 -3850.

**FOOT CARE**  
**Clinic**  
**\$40**



By Appointment Only -978-425-1390  
**May 23rd at the Center**

**Water Color Painting with Mike Devlin**

**Tuesdays at 1:00 pm**

Anyone wishing to attend must have their own paints and brushes. Beginner supplies available from a grant from the Shirley Cultural Council.

Sponsored by Mass Cultural Council



## AYER/SHIRLEY

# SPRING WELLNESS FESTIVAL

*Theme: May is Mental Health Awareness Month! "Stop the Stigma. Start a Conversation."*



Nashoba Associated Boards of Health  
Your COMMUNITY, Your CHOICE Since 1931



**NIH**  
**HEAL**  
**INITIATIVE**

HEALing Communities Study

**Saturday May 21st, 2022**

Ayer- Shirley Regional Middle School

10 am—2 pm (rain date 5/22/22)

All Ages Welcome

**FUN AND INFORMATIVE**

**CRAFTS**  
**GAMES**  
**ACTIVITIES**  
**VENDORS**  
**DEMONSTRATIONS**  
**MUSIC**  
**THERAPY ANIMALS**  
**FOOD**

## Mission Statement of the Shirley Senior Center:

*“To serve the Seniors of Shirley with services that enhance their lives and provide for their needs.”*

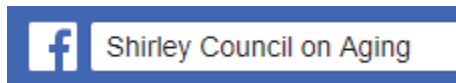
### Senior Center Staff

COA Director: Marilyn Largey  
Outreach Coordinator: Elisabeth Dinning  
Dispatch and Admin Asst.: Michelle Oelfke  
Van Drivers: Doug Perry, Priscilla Tarbell & Bob Lindgren

### Council On Aging Board

Chair: Marie Elwyn  
Vice Chair: Mary Wade  
Secretary: Christine Andersen  
Members: Janice Snow, Helen Kramer, Dave Stoppelman

**Board Meetings are the 2<sup>nd</sup> Thursday of the Month at 11 am**



## Transportation

**MART Van** is a wheel chair-accessible van for residents age 60 plus or disabled. All rides are \$1 each way.

**Medical Rides are prioritized**

**Van Hours: Mon - Thurs 8:15 am - 4 pm  
Fri 8:15 am - 11:30am**

To schedule your ride call Michelle Monday -Thursday from 8:30 am - 1:30 pm.

Or leave a message and she will confirm your ride.

***24 –48 hour notice required for all rides.***

**978-425-1390**

## Volunteer Opportunities

*Volunteering your time and expertise is rewarding.* If you are searching for a volunteer opportunity please consider the Shirley Senior Center.

We welcome small groups for projects at the Center and in the Community.

Senior Tax Work Off Program— Residents on this program can credit hours working at the Center towards their RE taxes.

Our current list of needs

## Program coordinators

**Meals on Wheels drivers—Food Service Staff**

Office and phone support—Kitchen support

Newsletter Production— Social Media Marketing

Call us if you would like to volunteer. 978-425-1390.

Click below to access our volunteer application.

</council-aging/files/volunteer-application>

**Follow what's happening at the Shirley Center for Active Living.**

<https://www.shirley-ma.gov/council-aging>

**Receive this Newsletter and important announcements from Town Government via email. Follow the link below to subscribe.**

<https://www.shirley-ma.gov/subscribe>



## VETERANS' ASSISTANCE

**Mike Detillion, Shirley Veterans' Officer  
Call 978-425-2600 x280**

Mike is available to aid your efforts to enter into the VA Health Care or Pension System.

**Benefits:** All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter and burial assistance.



# MAY

## MONDAY

May 2

8:30am Veteran's Breakfast
10:30am Addiction 101
12:30pm Wii Bowling

9

12:30pm Wii Bowling
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16

8:30am Senior Breakfast
12:30pm Wii Bowling

23

10:00am Footcare Clinic RSVP
12:30pm Wii Bowling

30

## TUESDAY

3

9:00am Bridge
9:00am Dominos
9:00am Scrabble
9:00am Walking Group
1:00pm Watercolor Painting

10

9:00am Bridge
9:00am Dominos
9:00am Scrabble
9:00am Walking Group
1:00pm Watercolor Painting

17

9:00am Bridge
9:00am Dominos
9:00am Scrabble
9:00am Walking Group
1:00pm Watercolor Painting

24

9:00am Bridge
9:00am Dominos
9:00am Scrabble
9:00am Walking Group
1:00pm Watercolor Painting

31

9:00am Bridge
9:00am Dominos
9:00am Scrabble
9:00am Walking Group
1:00pm Watercolor Painting

## WEDNESDAY

4

8:30am Yoga
10:00am QiGong
11:00am Pizza & Movie ( )
1:00pm Bingo

11

8:30am Yoga
10:00am QiGong
11:00am Death & Grief
1:00pm Bingo

18

8:30am Yoga
10:00am QiGong
11:30am Lunch
1:00pm Bingo

25

8:30am Yoga
10:00am QiGong
1:00pm Bingo

Jun 1

8:30am Yoga
10:00am QiGong
11:00am Pizza & Movie ( )
1:00pm Bingo

## THURSDAY

5

10:00am Walk - Indoors
1:00pm Bal. Strength. & Flex

12

9:30am Wellness Clinic
10:00am Walk - Indoors
11:00am COA Board Meeting
1:00pm Bal. Strength. & Flex

19

10:00am Walk - Indoors
1:00pm Bal. Strength. & Flex

26

10:00am Walk - Indoors
1:00pm Bal. Strength. & Flex

2

10:00am Walk - Indoors
1:00pm Bal. Strength. & Flex



## YOGA : Wednesday Mornings at 8:30 am

\$10 per class or \$50 for 6 classes Cash or Checks only

*Instructor Jeff Cote , The Occidental Taoist*

## Help Shape Your Community

**Tell us the type of programs and events you would like at the Shirley Senior Center.**

**Drop in, call 978-425-1390, or email [mlargey@shirley-ma.gov](mailto:mlargey@shirley-ma.gov)**

**9 Parker Rd Shirley MA.**

**Consider a volunteer position: We are seeking self starters for kitchen staff, marketing, program coordination and office support.**

<https://www.shirley-ma.gov/council-aging>



Shirley Council on Aging